

CLAIMS

1. A composition with effects of decline prevention, improvement or enhancement of normal responses of cognitive abilities of a healthy person, containing arachidonic acid and/or a compound with arachidonic acid as a constituent fatty acid.

2. A composition according to claim 1, wherein the compound with arachidonic acid as a constituent fatty acid is an arachidonic acid alcohol ester or a triglyceride, phospholipid or glycolipid containing arachidonic acid as part or all of the constituent fatty acid.

3. A composition according to claim 2, wherein the triglyceride containing arachidonic acid as part or all of the constituent fatty acid is a triglyceride having medium-chain fatty acids bound at the 1,3-positions and arachidonic acid bound at the 2-position.

4. A composition according to claim 3, wherein the medium-chain fatty acids are selected from among fatty acids of 6 to 12 carbons.

5. A composition according to claim 4, wherein the medium-chain fatty acids are selected from among fatty acids of 8 carbons.

6. A composition with effects of decline prevention, improvement or enhancement of normal responses of cognitive abilities of a healthy person, which contains triglycerides including triglycerides containing arachidonic acid as part or all of the constituent fatty acid.

7. A composition according to claim 6, characterized in that the arachidonic acid content of the triglycerides including triglycerides containing arachidonic acid as part or all of the constituent fatty acid is at least 10 wt% of the total fatty acid in the triglycerides.

8. A composition according to claim 6 or 7, wherein the triglycerides including triglycerides

containing arachidonic acid as part or all of the constituent fatty acid are extracted from microbes belonging to the genus *Mortierella*.

5 9. A composition according to any one of claims 6 to 8, wherein the triglycerides including triglycerides containing arachidonic acid as part or all of the constituent fatty acid are triglycerides containing no eicosapentaenoic acid or containing no more than 1% eicosapentaenoic acid.

10 10. A composition with effects of decline prevention, improvement or enhancement of normal responses of cognitive abilities of a healthy person, which contains triglycerides including at least 5 mole percent of triglycerides with medium-chain fatty acids bound at the 1,3-positions and arachidonic acid bound at
15 the 2-position.

 11. A composition according to claim 10, wherein the medium-chain fatty acids are selected from among fatty acids of 6 to 12 carbons.

20 12. A composition according to claim 11, wherein the medium-chain fatty acids are selected from among fatty acids of 8 carbons.

 13. A composition according to any one of claims 1 to 12 with effects of decline prevention, improvement or
25 enhancement of the normal responses of a healthy person of processing speed or response speed with respect to events selected from the group consisting of auditory stimuli, visual stimuli, olfactory stimuli, gustatory stimuli and somatosensory stimuli, as a cognitive
30 ability.

 14. A composition according to any one of claims 1 to 12 with effects of decline prevention, improvement or enhancement of the normal response of concentration of a healthy person with respect to events selected from the
35 group consisting of auditory stimuli, visual stimuli, olfactory stimuli, gustatory stimuli and somatosensory stimuli, as a cognitive ability.

15. A composition according to any one of claims 1 to 12 with effects of decline prevention, improvement or enhancement of the normal response of awareness level of a healthy person, as a cognitive ability.

5 16. A composition according to any one of claims 1 to 12 with effects of decline prevention, improvement or enhancement of the normal response of discriminatory ability of a healthy person with respect to events selected from the group consisting of auditory stimuli,
10 visual stimuli, olfactory stimuli, gustatory stimuli and somatosensory stimuli, as a cognitive ability.

17. A composition according to any one of claims 1 to 12 with an effect of shortening P300 latency of the event related potentials of brain (P300), as a response
15 index of cognitive ability.

18. A composition according to any one of claims 1 to 12 with an effect of augmenting the P300 amplitude of the event related potentials of brain (P300), as a response index of cognitive ability.

20 19. A composition according to any one of claims 1 to 18, wherein the composition is a food composition or pharmaceutical composition.

20. A food composition containing arachidonic acid and/or a compound with arachidonic acid as a constituent
25 fatty acid, in an amount such that the daily ingestion for an adult is 0.001-20 g in terms of arachidonic acid.

21. A food composition according to claim 20, wherein the compound with arachidonic acid as a constituent fatty acid is an arachidonic acid alcohol
30 ester or a triglyceride, phospholipid or glycolipid comprising arachidonic acid as part or all of the constituent fatty acid.

22. A food composition according to claim 21, wherein the triglyceride containing arachidonic acid as
35 part or all of the constituent fatty acid is a triglyceride having medium-chain fatty acids bound at the 1,3-positions and arachidonic acid bound at the 2-

position.

23. A food composition according to claim 22, wherein the medium-chain fatty acids are selected from among fatty acids of 6 to 12 carbons.

5 24. A food composition according to claim 23, wherein the medium-chain fatty acids are selected from among fatty acids of 8 carbons.

25. A food composition characterized in that the composition contains at least 0.001 wt% of triglycerides
10 having medium-chain fatty acids bound at the 1,3-positions and arachidonic acid bound at the 2-position.

26. A food composition according to claim 25, wherein the medium-chain fatty acids are selected from among fatty acids of 6 to 12 carbons.

15 27. A food composition according to claim 26, wherein the medium-chain fatty acids are selected from among fatty acids of 8 carbons.

28. A composition according to any one of claims 20 to 27, wherein the food composition is a functional food,
20 nutritional supplement food, special health care food or geriatric food.

29. A composition according to any one of claims 1 to 28, which further comprises docosaehaenoic acid and/or a compound with docosaehaenoic acid as a
25 constituent fatty acid.

30. A composition according to claim 29, wherein the compound with docosaehaenoic acid as a constituent fatty acid is a docosaehaenoic acid alcohol ester or a triglyceride, phospholipid or glycolipid comprising
30 docosaehaenoic acid as part or all of the constituent fatty acid.

31. A composition according to claim 29 or 30, characterized in that the arachidonic acid/docosaehaenoic acid ratio (by weight) in a
35 combination of the arachidonic acid and docosaehaenoic acid is in the range of 0.1-15.

32. A composition according to any one of claims 1

to 31, characterized in that eicosapentaenoic acid is also present in the composition in an amount not exceeding 1/5 of the arachidonic acid in the composition.

5 33. A process for production of a food composition with effects of decline prevention, improvement or enhancement of normal responses of cognitive abilities of a healthy person, characterized by combining arachidonic acid and/or a compound with arachidonic acid as a constituent fatty acid, either alone or with a food
10 material containing either essentially no or only a trace amount of arachidonic acid.

 34. A method for marketing a composition with effects of decline prevention, improvement or enhancement of normal responses of cognitive abilities of a healthy
15 person containing arachidonic acid and/or a compound with arachidonic acid as a constituent fatty acid, the method for marketing a composition with effects of decline prevention, improvement or enhancement of normal responses of cognitive abilities of a healthy person
20 being characterized by using a packaging container and/or merchandising tool which indicates that the composition and/or components in the composition have effects of decline prevention, improvement or enhancement of normal responses of cognitive abilities of a healthy person.

25 35. A composition with effects of decline prevention, improvement or enhancement of normal responses of cognitive abilities of a healthy person, characterized by being a composition containing arachidonic acid and/or a compound with arachidonic acid
30 as a constituent fatty acid which is marketed using a packaging container and/or merchandising tool for the composition indicating that the composition and/or components in the composition have effects of decline prevention, improvement or enhancement of normal
35 responses of cognitive abilities of a healthy person.